

WHAT IF MY CHILD HAS A HIGH LEAD LEVEL?

Lead levels can be lowered through simple measures and careful monitoring.



Make a plan with your healthcare provider

- Ask questions
- Follow through with repeat testing
- Schedule a developmental assessment



Locate the lead source

- Have your home inspected by a licensed lead inspector. The health department can provide this service at no charge to you!



Remove the lead source

- Clean around windows, play areas, and floors with a wet cloth.
- Wash hands and toys often with soap and water especially before eating
- Cover chipping or peeling paint



Provide your child a healthy diet

- Foods high in calcium, iron, and vitamin C help the body eliminate lead
- These vitamins and minerals are found in milk products, fruits, vegetables, cereals, peanut butter, beans, and red meats.



Get Support!

- The lead expert at the health department will help you manage your child's high lead levels
- The health department has resources available to help you through each step of the process.

FREE lead testing available at the Noble County Health Department!

Information provided by the CDC
Visit us at www.noblecountyhealth.com
Call us at 260-636-2978